

TAPE OR PASTE
A PHOTO HERE

HI, I'M _____

Everything you need for the next hour or two.

ALLERGIES & MEDICAL

FOOD _____
MEDICATION _____
RESCUE MEDS & WHERE _____

EMERGENCY CONTACT

NAME _____
CELL _____
SAFETY NOTES _____

HOW I COMMUNICATE

☐ Verbal ☐ Limited verbal ☐ Single words ☐ Sign language ☐ AAC device ☐ Picture cards ☐ Gestures / pointing
☐ Facial expression ☐ Other: _____

HOW I SAY YES / NO _____

THINGS I MIGHT SAY, AND WHAT I MEAN

IF I SAY OR SIGN THIS	IT USUALLY MEANS

WHAT HELPS ME SETTLE

WHAT I LOVE

WHAT CAN BE TRICKY, AND WHAT TO DO INSTEAD

- Hard moments for me

- Words that don't land well

- Try this instead

- Things I'd rather sit out

